

# NAV COMM ED

## Community Education Schedule

**REGISTER NOW! 936.825.2241**

**[www.NavasotaTX.gov/commed](http://www.NavasotaTX.gov/commed)**

## February 2010

---

<b>4</b>	<b>SOCIAL NETWORKING WITH FACEBOOK &amp; TWITTER</b>
<b>16 &amp; 23</b>	<b>GOOGLE</b>
<b>18 &amp; 25</b>	<b>INTERNET WORKSHOP</b>
<b>28</b>	<b>FIRST AID/ADULT CPR</b>
<b>8, 15, 22</b>	<b>EXCERISE</b>
<b>11, 18, 25</b>	<b>INTRODUCTION TO YOGA</b>
<b>4, 11, 18, 25</b>	<b>WATERCOLOR</b>



**Brought to you by Navasota  
Park, Recreation and Tourism Department**

# details...

## **SOCIAL NETWORKING FEBRUARY 4, 6:30-8P, \$10**

Want to know more about Social Networking? This is the class for you! We will explore two popular Social Networks in this class. We will create a Facebook account and show you how to use some of the applications, find people, create your social network, etc. We will also create a Twitter account and show you how to use it as a Personal Learning Network, and how to find others in your areas of interest, find friends, etc.

## **WATERCOLOR JANUARY 28, FEBRUARY 4,11,18,25 1-4P, \$15/CLASS**

This Watercolor course will cover basic instruction on drawing, shading, perspective, composition, and color as it relates to using watercolors. Materials must be purchased separately for the course. Classes meet every Thursday.

## **FIRST AID/ADULT CPR CLASS FEBRUARY 28, 12-5P, \$45**

Participants in this American Red Cross First Aid and Adult CPR course will learn how to recognize and respond to emergencies ranging from cardiac arrest to minor cuts and scrapes.

## **INTERNET BASICS FEBRUARY 18, 25, 6:30-8P, \$20**

If you are interested in learning how to use the internet but are not quite sure where to start, this is the class for you. Learn about search engines, web-based email, and much more!

## **GOOGLE FEBRUARY 16, 23, 6:30-8P, \$20**

Come learn about all the free tools Google has to offer! From Gmail and Google Docs to Google Calendars... this Internet based program can save you time and money in your business or home!

## **EXERCISE SPRING SESSION, MONDAYS, FEBRUARY 8-MAY 17, 5:15-6P, \$40**

Stay healthy and vibrant at any age. Join our exercise class to improve your balance, tone, flexibility and strength in all areas from head to toe. Class is suitable for any fitness level.

## **INTRODUCTION TO YOGA SPRING SESSION, THURSDAYS, FEBRUARY 11-MAY 20, 5:15-6P, \$40**

This course teaches students basic yoga techniques. Perfect for any fitness level, this course will enable you to decide if yoga is a suitable exercise for you.

**[www.NavasotaTX.gov/commed](http://www.NavasotaTX.gov/commed)**